

Full Report (All Nutrients) 09294, Prune juice, canned

Report Date: July 01, 2017 00:31 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.92 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 256g	1 fl oz 32g
Proximates						
Water	g	81.24	30	0.119	207.97	26.00
Energy	kcal	71	--	--	182	23
Energy	kJ	297	--	--	760	95
Protein	g	0.61	31	0.013	1.56	0.20
Total lipid (fat)	g	0.03	25	0.011	0.08	0.01
Ash	g	0.68	30	0.056	1.74	0.22
Carbohydrate, by difference	g	17.45	--	--	44.67	5.58
Fiber, total dietary	g	1.0	--	--	2.6	0.3
Sugars, total	g	16.45	--	--	42.11	5.26
Minerals						
Calcium, Ca	mg	12	30	0.863	31	4
Iron, Fe	mg	1.18	30	0.196	3.02	0.38
Magnesium, Mg	mg	14	23	0.786	36	4
Phosphorus, P	mg	25	23	0.613	64	8
Potassium, K	mg	276	22	11.612	707	88
Sodium, Na	mg	4	22	1.165	10	1
Zinc, Zn	mg	0.21	17	0.009	0.54	0.07
Copper, Cu	mg	0.068	17	0.007	0.174	0.022
Manganese, Mn	mg	0.151	1	--	0.387	0.048
Selenium, Se	µg	0.6	--	--	1.5	0.2
Fluoride, F 1 2 3	µg	60.2	21	23.471	154.1	19.3

Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 256g	1 fl oz 32g
Vitamin C, total ascorbic acid	mg	4.1	47	0.769	10.5	1.3
Thiamin	mg	0.016	42	0.000	0.041	0.005
Riboflavin	mg	0.070	43	0.009	0.179	0.022
Niacin	mg	0.785	30	0.023	2.010	0.251
Pantothenic acid	mg	0.107	--	--	0.274	0.034
Vitamin B-6	mg	0.218	--	--	0.558	0.070
Folate, total	µg	0	3	0.042	0	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	0	3	0.042	0	0
Folate, DFE	µg	0	--	--	0	0
Choline, total	mg	2.7	--	--	6.9	0.9
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	26	0.067	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	2	--	--	5	1
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	3	26	1.338	8	1
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	40	--	--	102	13
Vitamin E (alpha-tocopherol) ⁴	mg	0.12	1	--	0.31	0.04
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta ⁴	mg	0.00	1	--	0.00	0.00
Tocopherol, delta ⁴	mg	0.00	1	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone) ⁵	µg	3.4	1	--	8.7	1.1
Lipids						
Fatty acids, total saturated	g	0.003	--	--	0.008	0.001
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 256g	1 fl oz 32g
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.002	1	--	0.005	0.001
18:0	g	0.000	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	0.021	--	--	0.054	0.007
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.021	1	--	0.054	0.007
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.007	--	--	0.018	0.002
18:2 undifferentiated	g	0.007	1	--	0.018	0.002
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

- ¹Mary Kiritsy, Steven Levy, John Warren, Nupur Guha-Chowdhury, Judy Heilman, Teresa Marshall **Assessing Fluoride Concentrations of Juices and Juice-Flavored Drinks**, 1996 JADA 127 pp.895-902
- ²Robert Ophaug **Fluoride, Unpublished - Ophaug**, Microdiffision
- ³Jan Stannard, Youn Soo Shim, Maria Kritsineli, Panagiota Labropoulou, Anthi Tsantsouris **Fluoride Levels and Fluoride COntamination of Fruit Juices**, 1991 The Journal of Clinical Pediatric Dentistry 16 pp.38-40
- ⁴Nutrient Data Laboratory, ARS, USDA **Determination of the Tocopherol Content of Selected Foods**, 1992 Beltsville MD
- ⁵S.L. Booth, J.A. Sadowski, J.A. T. Pennington **Phylloquinone (Vitamin K) Content of Foods in the U.S. Food and Drug Administration's Total Diet Study**, 1995 Journal of Agricultural and Food Chemistry 43 6 pp.1574-1579